



# Bay Area's Premier Plastic Surgeon

and compassionate care, and exceptional surgical results in a warm and welcoming environment.

Dr. Horton specializes in rejuvenation of the breasts and body for mothers who have completed child-rearing, commonly known as the "Mommy Makeover". A mother of twins herself, Karen understands firsthand the changes that pregnancy can create in a woman's body after having children. Dr. Horton helps her patients achieve their individual goals for their bodies, achieving NATURAL results in all cases for active Bay Area women.

Mommy Makeovers do not always require breast implants! As Dr. Horton explains: "A Mommy Makeover can really be whatever you want it to be – traditionally it combines surgery of the breasts (a lift, augmentation or reduction) and tummy surgery (abdominoplasty or liposuction), but it can also include Botox, a labiaplasty, or other cosmetic procedures. The term 'Mommy Makeover' is really a brilliant marketing term that encourages women to lose their 'Mommy guilt' and boosts acceptance for women in our society to focus on themselves and to regain their body image after pregnancy. It's okay to want to look and feel your best! Sometime, surgery can help, but Plastic

Dr. Karen Horton is the Bay Area's premier Plastic Surgeon. Internationally Board Certified in Plastic Surgery by the American Board of Plastic Surgery and the Royal College of Surgeons of Canada, Dr. Horton specializes in cosmetic and reconstructive surgery for women. Based in Pacific Heights, Dr. Horton's all-woman San Francisco private practice focuses on providing meticulous attention to detail, individualized

Surgery is not for everyone."

Dr. Horton has always cared for women facing breast cancer and offers the most advanced breast reconstruction techniques. She provides beautiful, natural and long-lasting results using sophisticated microsurgery techniques or using implants in a single stage, always sparing muscles from the chest

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**"My role as a plastic surgeon is to educate, inform and empower women."**

—DR. KAREN M. HORTON

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and saving the nipple in most instances.

Dr. Horton also treats men for cosmetic non-surgical and surgical procedures. Men usually seek body contouring such as liposuction or CoolSculpting to reflect their healthy, active lifestyles and to achieve their best physique.

Some individuals don't want or need surgery, but wish to treat skin changes from aging, sun damage or weight gain with less downtime and

cost than major surgery. Dr. Horton offers non-surgical cosmetic procedures, with skilled Nurse Practitioner Emily Sespaniak, known the "gentle injector" on Yelp! Horton SPA offers Botox, dermal fillers, IPL photofacials, medical-grade peels and skin care together with CoolSculpting, non-surgical permanent fat reduction to Bay Area women and men.

Dr. Horton's practice philosophy is "to educate, inform and empower" her patients to make the best decisions about their bodies. She encourages all her patients to become physically active before surgery, and to strive toward their weight loss and fitness goals prior to undergoing any major surgery. Regardless of whether surgery is cosmetic or reconstructive, Dr. Horton's practice is centered on providing beautiful, natural and long-lasting results for surgery of the breasts, the body and the face.

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